

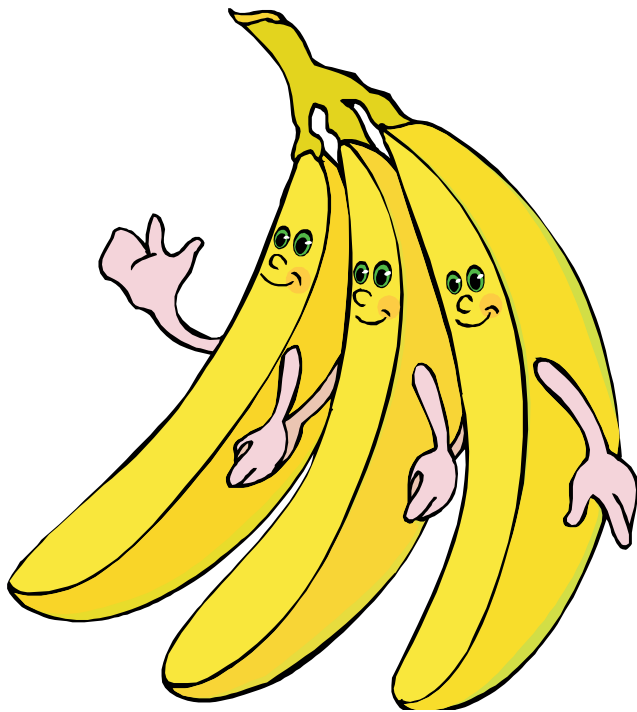
Thank You

Objectives:

- Students will be able to identify people who care about their health and want them to eat healthy foods and be physically active.

Materials needed:

- Included in the lesson:
 - Three pictures of Power Panther(3) and Slurp
 - Thank you card
- Small cups and spoons for each student
- Low-fat plain or vanilla yogurt: ¼ cup per student
- Fruit-any kind: ½ cup per student
- Cereal-any kind: ½ cup per student


Review:

Show the pictures of Power Panther and Slurp. Ask students what they remember about Power Panther and Slurp.

Learn:

Explain that Power Panther cares about Slurp and wants him to be healthy.

Slurp is lucky to be living with his Uncle Power Panther, who is the coolest uncle around! Power Panther takes really good care of Slurp by trying to make sure he eats yummy foods that are good for him, and that Slurp has fun running and playing every day. Power Panther wants his nephew to grow strong bones so they play together every day, and Power Panther makes sure that Slurp gets calcium from milk or dairy products for his bones every day.

Ask students: Who takes really good care of you and wants you to be healthy? (Create a list on the board of the students' answers.)

Ask students how the people in the list take really good care of them. Discuss healthy snacks that are yummy and physical activities that are fun.

Talk to students about the importance of saying thank you and explain that saying "thank you" is a good way to show that we care.

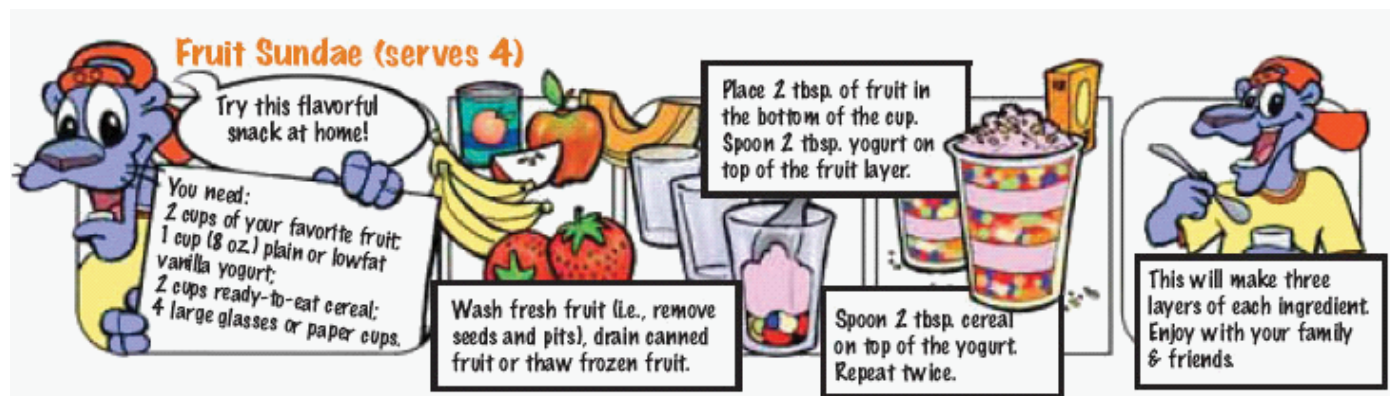
Activity:

Explain to students that they will learn how to make one of Power Panther's favorite healthy snacks, Fruit Sundaes, and they will make a thank you card for someone who cares about them.

Set up a table with bowls that contain yogurt, fruit and cereal. Have enough small cups, napkins and spoons for each student. Show students how to make the Fruit Sundae.

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Fruit Sundaes



Ingredients:

- 2 cups of your favorite fruit
- 1 cup low-fat plain or vanilla yogurt
- 2 cups ready-to-eat cereal
- 4 large glasses or paper cups

Directions:

Wash fresh fruit (i.e. remove seeds and pits), drain canned fruit or thaw frozen fruit.

- Place 2 tablespoons of fruit in the bottom of the cup.
- Spoon 2 tablespoons yogurt on top of the fruit layer.
- Spoon 2 tablespoons cereal on top of the yogurt. Repeat twice.
- This will make three layers of each ingredient.

Makes 4 servings

Hand out a thank you card to each student. Students should fill in who their thank you card is for, what their favorite healthy snack and physical activity is and then sign their name.

While the class is working on their thank you cards, have small groups of students go up to the table and make their fruit sundaes.

Reflect:

Have students share their thank you cards with the class.

Apply:

Discuss which snacks (written on student thank you cards) included something from the dairy group. Discuss what other fruits or cereal might be good in the fruit sundae.

Extend the Activity:

Games:

Charades: Have students act out a physical activity and the rest of the students can guess what it is.

What am I?: One student will describe their favorite snack while the rest of the students guess what it is.

Language: Have each student create their own recipe for a healthy snack. Copy the recipes together into a class book.

Math: Survey the class about favorite healthy snacks or physical activities and record the results in a graph.

Dear _____,

Thank you for caring about
me and my health!

My favorite healthy snack is

_____.

My favorite physical activity
is _____

_____.

Love,









